

Latest Veil of Russian Net With Design of Fine Washing
Silks---Seed Pearl Embroideries to Appear on
Many Expensive Gowns

upward by the rebound and she will be able to
[find herself] naturally arching forward
and over. This dive actually does
raise several feet in the air from the
spring of the board.

Somersaults are not very difficult to
perform and may be turned in the air after a
running header. All the diver has to do
is, once she has taken her jump and
feels herself rise is to drop her knees on
her chest and bring her knees up with
her hands. She must be careful not to
let her feet be so minute as the
probably turn a complete circle in the post-
dive position.

cannot help himself and she will land in a sitting position on the water. As this performance causes a good deal of splash it is wise to warn any spectators in the vicinity who are likely to get the benefit of it.

One of the most beautiful of the dives is the swallow. There are many people who prefer a swallow to an ordinary dive when diving from any great height, as it is easier to get well out and away from the diving stage. It is useless to try to swallow from any height but that of the feet, for it is better to go to the bottom, where there is more time to hold the position in the air. A swallow dive may be started in various ways. One is by standing on the board in the ordinary way with the hands in front of the body, palms downward, and raised to the height of the shoulders. Then the arms are bent, the hands and arms down by the sides of

the body as for the commencement of a seal dive. The diver may please herself in this matter, but the instant she has taken her spring and left the board, she must throw her arms forward and upward, opening them out when on level with her shoulders so that she holds them out like the extended wings of a bird. She must press her chest well forward and throw her head back, and she should get her legs high up in the back with toes extended. In this

way she swoops out over the water, holding her position as long as possible, and when within a few feet of the surface she should raise her arms and join her hands together above her head, dropping into the normal diving position. There is another, though to my mind a less effective, way of doing a swallow

position with the head and arms while standing on the diving board. The diver takes the spring and immediately leaves the board to raise the legs and extend the toes. This variety of *swallow* low dive is greatly favored in some parts—the diver performs a kind

BIG POPPIES ON SPORT HATS.

EFFECTIVE trimmings for the most felt hats furnish pleasant work for the girl who has a taste for millinery. Immense poppies, exaggerated pansies are the flower

trimmings most in favor, some of the companies measuring seven inches in length. Both flowers are used in pairs placed back to back, so that the same effect is obtained from whichever side the hat is viewed. These flowers are extremely simple of construction, especially when cut from felt or a heavy quality of double faced satin, neither of which fabrics will fray on the edges, and having a wide band to give the shape of the petals without wrinkles.

A stunning sport hat of pliable white felt had two mammoth poppies of bright rose felt. This material can

bought at the upholstery department any of the big shops in a wide range of colors. The centre of each rose color poppy held a cluster of three little saucer covered balls, one black, one white and another yellow. These were merely layers of cotton batting wadded together and covered with the colored satins. Several narrow strips of the rose felt were braided and formed a band around the soft crown of the hat.

In the same display of sport hats was another white one, also trimmed with rose color and white. The flowers were made of the same material, and the

each petal double and seamed around its curving edge and showing white satin on one side and rose satin on the other. One of the flowers was made into a white poppy with rose lined petals and its companion was a red colored poppy with white satin showing.

on the underside of the petals. Stamens were indicated by small beads sewed on a row of white stitching. A twist of red cotton was sewed on the inside of the petals to indicate the immense flower buds, when used on the jaunty sport hats, but all the lovely brilliant colors are permissible, even as easily if one's sweater carries out the same note.

Easier than flowers to make are the long, slender girl shaped ornaments, from flimsy or heavy brocade. A heavy silk wound wire either in the same contrasting color as the flower, or in the color of the fabric of the hat. If the wire is used it can be tightened by the foot, in the way coming at the bottom.

extreme tip of the quill and obviating trouble of neatly finishing the cut of a heavier single wire. The advantage of having this backbone of wire each side of the fabric is that each conceals the stitches which hold

wire on the opposite side. There is also an additional gain in firmness because that a hat so trimmed may be worn in a high wind with perfect ease. These long quills curve almost entirely around the crown of the hat. In some models they are thrust through a hole in the hat and others show the long, pliable quill starting from under the handmade ornament of the felt, and studded with odd colored beads. The quills are woven in lattice design with heavy

Any girl who knows how to braid with many strands can easily make one of the most fashionable nauticals, changing the strands of two or more colors or keeping the entire braid in a single color contrasting with the hat from which it is to be worn. By running lines on the felt and cutting carefully in the exact markings with a pair of sharp scissors narrow strips of uni-colored and clean cut edges can be

As the felt used for trimming sport hats is almost two yards and ranges in price from a dollar a quarter to two dollars a quarter yard will furnish an inexpensive stunning trimming for several hats.



into a white poppy with rose like petals and its companion was a colored poppy with white satin showing on the underside of the petals. Stamens were indicated by small bands sewed on a round of white satin. A twist of rose colored satin encircled the crown. No leaves accompany the flowers.

Easier than flowers to make are long, slender quill shaped ornaments from felt or heavy broadcloth. A he silk wound wire, either in the same

a contrasting color is sewed through centre on each side of this fabric cut. If fine wire is used it can be doubled the loop in the wire coming at the extreme tip of the quill and obviating trouble of neatly finishing the cut end of a heavier single wire. The advantage of having this backbone of wire

each side of the fabric is that each conceals the stitches which hold wire on the opposite side. There is also an additional gain in firmness that a hat so trimmed may be worn in a high wind with perfect safety. These long quills curve almost entirely around the crown of the hat. In

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meat for six weeks in a hunting camp.	The solid parts of the tomatoes were used for salad with French dressing, as were some of the string beans at dinner. The only heavy meal of the day was the fish.
On the following proverbs, enjoying meals as varied and palatable as those in their city homes:	The fish caught daily helped out the menu enormously of course, as did the small game and birds shot.
1. I eat, or eat on.	2. Ibs. milk powder.
2. Ibs. dried beans.	3. The flour.
3. Ibs. dried peas.	4. Ibs. oatmeal.
4. Ibs. dried gelatin.	5. Ibs. dried corn.
5. Ibs. dried lentils.	6. Ibs. dried peas.
6. Ibs. dried rice.	7. Ibs. dried corn.
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